Chichester HERALD

Friday 11th April 2014
YOUR FREE WEEKLY NEWSPAPER

www.chichesterherald.co.uk @chiherald

INSIDE

He's got his hair flopping like Lord Fauntleroy
TOMMY BOYD
Page 4

Win two tickets to see Calvary
COMPETITION
Page 20

Win a meal for 2 at Murrays at the Ship Hotel
COMPETITION
Page 22

Top priority for police

>> *Sussex Police welcomes HMIC report on domestic abuse*

Susanna Reid
NEWS@CHICHESTERHERALD.CO.UK

A REPORT by HM Inspectorate of Constabulary (HMIC) which scrutinises Sussex Police's performance in dealing with domestic abuse has been welcomed by the force.

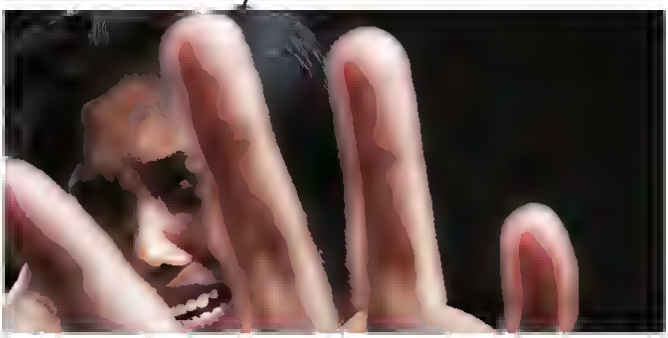
The report highlights the good level of commitment by the force in keeping victims of domestic abuse safe and awareness of the importance of doing so. It also makes clear that the force has developed very strong links with partner agencies. However, the HMIC report makes it clear that a more streamlined approach to victim care must be developed and they should not be dealt with by police and partner agencies individually.

However, never to be complacent, the force accepts that there are areas for further improvement, including training and awareness of officers and staff, better use of communications technology to update responding officers, improving procedures for assessing cases and an extra focus on victim safety alongside the prosecution of offenders.

Sussex Police welcomed the feedback and will work to ensure a joined up approach is developed and strengthened.

Superintendent Paul Furnell, of the Specialist Crime Command, said: "Dealing with domestic abuse is a top priority for Sussex Police, so we welcome HMIC's praise for our

Continued on page 3



The report refers to data showing that, as at the end of August last year for every 100 domestic abuse incident calls in Sussex, 55 resulted in arrest

MORE HEADLINES >>

BARNHAM COUPLE SENTENCED FOR NEGLECT AND FRAUD — Page 7

COLLEGE CHOIR WILL SING WITH GARY BARLOW — Page 10

SELSEY SET FOR STAR DAY IN HONOUR OF SIR PATRICK — Page 19

Launching in 4 Weeks

Brook Gardens, Barnham
A Brand New Development of
Superb 2, 3 & 4 Bedroom Homes

dwh.co.uk or call 0844 811 33 32

Where quality lives
David Wilson Homes

Computer generated images are for illustrative purposes only and individual features often vary from one plot to another

VALUATIONS FOR
INSURANCE AND PROBATE

On JEWELLERY & WATCHES

TOP PRICES PAID

PRESTIGE WATCHES

We purchase many more makes of Swiss Watches

TAG Heuer · Jaeger-LeCoultre · Raymond Weil · GUCCI · OMEGA

CASH GIVEN FOR SCRAP GOLD

ID Required

LOWERY JEWELLERS

74 North Street, Chichester, West Sussex, PO19 1LQ
Tel: 01243 789518 Email: lowery@btconnect.com

Sussex Police welcomes HMIC report on domestic abuse

Continued from page 1

commitment in tackling the issue and accept its recommendations on ways in which we can improve our service even further.

"We particularly welcome HMIC's acknowledgement that Sussex is the first police force in the country to achieve White Ribbon status. White Ribbon UK is an international organisation working to involve men in opposing violence and abuse against women."

The report refers to data showing that, as at the end of August last year, for every 100 domestic abuse incident calls in Sussex, 55 resulted in arrest. Supt Furnell said: "It will always be an officer's decision as to whether or not to arrest a suspect and we expect our staff to take positive action at every domestic incident, considering the incident as a whole and reassuring the victim that every step will be taken to ensure a positive outcome for them."

There were 7016 offences to the end of August – the overall percentage of 43% resulting in criminal justice sanction, whether by charge, caution or other action, compares well with other forces.

Supt Furnell said: "Thanks in large part to the HMIC inspection we already have work underway to address the communications issue, to work at ways of streamlining procedures and to continue to develop our focus and approach on victim safety.

"Domestic abuse is one of the most sensitive and challenging issues that police and partners have to tackle. We agree that even more can be done and our officers take pride in doing so in a professional and compassionate way."

The force has already taken action over the past few years to develop its domestic abuse response and some notable examples include:

A specific risk assessment tool on domestic abuse and harassment was introduced as part of an ACPO pilot scheme in September 2008, Sussex Police was one of the first police forces to adopt it in 2009 following the pilot. The risk assessment tool specifically identifies the victim's perception of the risk and the victim's level of fear.

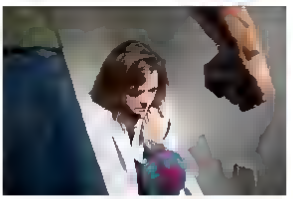
All cases which are identified as high risk are now passed to Sussex Police Adult Protection Teams who specialise in domestic abuse investigations and in dealing with both the victims and perpetrators of domestic abuse. Sussex Police have a dedicated internal briefing website on domestic abuse for officers and staff and an ongoing public campaign, including advertising and local events, aimed at encouraging all victims of domestic abuse to report incidents earlier before the abuse escalates, and at raising awareness of White Ribbon UK combined with the 'Talk to me' scheme.

Reporting of domestic abuse cases to Sussex Police continues to rise as domestic abuse sufferers recognise the steps the police and partners have put in place to support them and increase their confidence in reporting procedures.

Supt Furnell said: "There are also two imminent developments which will help us make our service more effective.

"First, we are planning to integrate our existing Adult and Child Protection teams into units which will also specialise in the investigation of all cases of rape and serious sexual assault. Most importantly, we aim to increase a trend already in place, to locate these teams with local authority teams to maximise safeguarding, investigations and information sharing.

"In addition, we look forward to the national introduction of Domestic Violence Protection Notices this summer, which combined with the recent introduction of Claire's Law further strengthens legislation against abusers. Now for the first time we will be able to take legal action with the support of the courts, to impose conditions on someone's behaviour, as we already can with sex offenders and serious organised crime."



If you want to talk to the police dial 101 or email 101@sussex.pnn.police.uk, or in an emergency dial 999 at any time.

If you don't want to talk to the police, talk to someone. These organisations can also help:

The 24 hour National Domestic Violence Helpline on 0808 2000 247 – http://www.nationaldomesticviolencehelpline.org.uk/

West Sussex – WORTH on 0330 222 8181 http://www.worthservices.org/

Broken Rainbow – LGBT Domestic Violence Helpline on 0300 999 5428 – http://www.brokenrainbow.org.uk/

Men's Action Line on 0808 801 0327 – http://www.mensadviceline.org.uk/

For further information and advice go to the Sussex Police website at http://www.sussex.police.uk/admin_section/search.aspx?searchtext=domestic+abuse

Local man loses £5,000 to telephone scam

SUSSEX POLICE are warning residents to be aware after a local man fell victim to a telephone scam and was conned out of thousands of pounds.

The 81 year-old victim received a phone call on Tuesday (8 April) from someone claiming to work for a banks fraud protection department. The caller advised the resident that his card had been used in purchasing goods without his knowledge and they had passed his phone number to a police officer working at a London Police Station who would call him shortly.

Not long after, the officer called the resident confirming he was a victim of fraud and money laundering whereby a staff member of a local bank was involved. The 'officer' then requested the victim withdraw a large amount of cash. The victim removed £5,000 from his account and was told to lie to the bank and say the money was being withdrawn for the purchase of a car, so as not to raise suspicion.

A taxi was called to collect the money from the victim's home. When the victim became suspicious and questioned the legitimacy of the call, he was told to dial 999 and ask to be put through to the Police Station in London. However the caller had stayed on the line and the man followed his instructions and the money was collected by a taxi.

It was after this that the man realised he was a victim of a scam and called police.

Police are also asking taxi firms and drivers to be aware of calls asking them to collect packages and drop them to another location. If you suspect a vulnerable person is subject to a scam please report it to police as soon as possible.

If you or someone you know have received similar calls or know someone who has been a victim of this crime, contact Sussex Police via 101 or email 101@sussex.pnn.police.uk quoting Operation Edisto. You can also call the independent charity Crimestoppers anonymously on 0800 555 111."

* FREE * * FREE * * FREE * * FREE * * FREE * * FREE * * FREE * * FREE *

SPOTLIGHT UK

SING

CONCERT

STARS IN THEIR EYES

PERFORMANCE

Performing Arts Workshop

Monday 14th & Tuesday 15th April

Age 8 -16 yrs - 10am - 3pm!

Plus have the opportunity to showcase your own performance piece! just bring your music along with you!

Dance, Sing, Act all day for FREE!

@ Graylingwell Chapel, Graylingwell Park, Chichester, PO19 6PQ

Come along & get involved in our fun filled and upbeat performance workshops. The workshops will explore various styles of dance. Plus have the opportunity to showcase your own performance pieces too. All ready for a short performance on Tuesday afternoon!

Sponsored by... Chichester Community Development Trust Affinity Sutton

Book your place now... admin@spotlightuk.org Call us on... 01256 325420 Find us on Facebook... Popley Spotlight Centre

SPOTLIGHT UK Registered Charity No 1125614

"Proud to be providing affordable activities for all to increase confidence and social interaction"

Anorak Corner

Interesting snippets of information about Chichester

As well as the cathedral in Chichester there are five Church of England churches, St Richard's Roman Catholic church and nine religious buildings of other denominations. Redundant churches include the Grade I-listed St John the Evangelist's Church – an octagonal white-brick proprietary chapel with an impressive three-decker pulpit.

Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@FatPonyArtwork
@SuffolkHorseS I have a plump Suffolk Horse on display at Pallant House Gallery in Chichester until April 27th pic.twitter.com/6VtSpgdl

@millhernaman
Amazing how Nicki Minaj's new song ChiRaq perfectly captures tough middle class living in Chichester. Represent.

@Austedfender
Lots of ppl finding it too tricky to park in a single bay in #Chichester car parks today #Straddlers as I would like to call them..

@daisyjunemurphy
Think I'm about the only person in Chichester that walks with any sense of urgency

@daisyed95
Going to Chichester for a lovely day out

@WhippedInBaked
Real bread. Decadent cakes. Good coffee. Quirky owners. Once labelled #chichester louche den of subversives. Gotta love us #churchesterhour

@caitlin_foulks
I got on the west Wittering bus instead of the east Wittering one and I have no idea where to get off on this side

@RSPB_SouthEast
The new peregrines at Chichester cathedral have laid their first egg! About 12 minutes ago. Photos to follow later.

@jimmytaylorx
Driving to Chichester, get off the roads people

@themaesbeach
Spring Cherry blossom at Chichester Marina @ Discover_Chi what a lovely place Chichester is pic.twitter.com/oYtSmakr8

In years to come it'll be a criminal offence

PEACHES GELDOF

Oh how the world smiled back when we learned the name of the baby born to Bob Geldof and Paula Yates. Ha Ha another silly name. And we thought it was alright to snigger because she got a better start in life than us how ran she fail to be happy?

CHICHESTER POTHOLES

Drove the family back from Portsmouth on Sunday the scenic route. Prettier than the A27 but the potholes in the country lanes! And they're spreading we have two potholes in the pavement outside our house. How can this be! None of my neighbours walks about like a Range Rover.

PARKING IN CHICHESTER SIDE STREETS

Apparently someone who lives about three blocks away parks his/her mobile home at the end of our road on a permanent basis because it's safer outside our houses than his/her house. I don't know the people whose house they park their motor caravan outside but it's an invasion of personal space yes! Unless they asked. If they did good for them.

BULLYING

Bullying is criminal. In years to come it'll be a criminal offence just like assault and theft. It takes so many forms. At school we all develop great expertise in understanding the subtle rules.

EXAMPLE

A moment when my sons were younger. We were kicking a ball around up at Oaklands Park and one of my boys saw another boy he knew about 400 yards away. I said to him "I bet he goes to private school". My son went "Correct dad how do you know that from this distance." I replied "He's got his hair flopping like Lord Fauntleroy if he went to state school they'd mork him 'til he got a rut". At the time I seemed to think it would be to his benefit. Actually, part of me still thinks that.

MICKEY ROONEY

Many fine words from Hollywood at the news of Mickey Rooney's death. But he is immortalised in the movie world because whenever a director wants the camera to do a little creep into the action...he calls for a Mickey.

DO PIXIES EXIST?

Three foot tall humanoid folk who are irritating to us are such a common feature of folklore they must have existed once and probably still do. Look at dragons they were a staple of folklore for centuries before we discovered that dinosaurs existed.

Peaches Geldof

INHERITED LEARNING

The theory that we can inherit a piece of knowledge that our parents learned is coming back into vogue. Not just our parents but our great great great (x1000 to the power of 10) parents. Who were basically fish.

GILLS

Apparently we all have vestigious gills. I find this one hard to swallow too but it's a fact they're there below the skin either side of our neck. Gills!!!

JOKE

A man is down at the seaside throwing bread. The seagulls are swooping and having a feast. He turns to the man next to him and says "Aren't they big pigeons!" The man replies "They're gulls!" The man think about this and says "Well boys or girls...they're big pigeons!"

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at learn one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include
Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Rose Green, Selsey and East & West Wittering.

Chichester Herald
Suite 89 - 96 The Hornet, Chichester, West Sussex, PO19 7BB
Twitter: @chiherald
01243 200999
FREE EVERY FRIDAY
info@chichesterherald.co.uk www.chichesterherald.co.uk

Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Senior Designer:
Debbie Finn
debbie.finn@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk

News, sport & entertainment
news@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "We at a couple were having a coffee in Ikea, they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen an advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us!"

recycle
Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper.
Printed by Iliffe Print www.iliffeprint.co.uk

FESTIVAL2014

PETER SHAFFER: A CELEBRATION
AMADEUS BLACK COMEDY SPECIAL EVENTS
BROADWAY MUSICALS
GUYS AND DOLLS GYPSY
WORLD PREMIERES
DAVID HAIG RICHARD BEAN MARK HAYHURST
CLASSIC PLAYS
STEVIE MISS JULIE FRANKIE & JOHNNY
AN IDEAL HUSBAND AND MUCH MORE

CHICHESTER
FESTIVAL
THEATRE

ZOË WANAMAKER
LYNDA BARON CHRIS LARKIN

STEVIE

by HUGH WHITEMORE
from the life and work of Stevie Smith

OPENING NEXT WEEK
MINERVA THEATRE 24 April - 24 May

cft.org.uk 01243 781312

LOTTERY FUNDED

If you think a FreeStyle kitchen is out of your budget... think again!

NEW YEAR OFFERS

Freestyle Kitchens | Freestyle kitchens, Bognor Road, Chichester, PO19 8NS 01243 776000 | Broadwater Green, Worthing BN14 9BY 01903 215550
We are open Mon - Sat 9am - 5pm (evenings by appointment) Email chichester@freestyledirect.co.uk www.freestyledirect.co.uk

Also specialising in quality bedrooms

FREESTYLE BEDROOMS

Barnham couple sentenced for neglect and fraud

Schmidt was sentenced to 12 months imprisonment

A BARNHAM couple have been sentenced for systematically neglecting an elderly relative in their care. One of the defendants has also been sentenced for fraud.

Paul Schmidt, 52, a motor trade mechanic, and his partner Amanda Whelan, 38, both of Hedge End, Barnham, appeared in custody at Hove Crown Court on Monday (7 April), having been convicted in February after a two-week trial at the same court.

Schmidt was sentenced to 12 months' imprisonment for wilful neglect, contrary to the Mental Capacity Act, and eight months' for obtaining approximately £6700 from fraud by false representation. The sentences will run consecutively.

Whelan was sentenced to nine months' imprisonment, suspended for two years, for wilful neglect. She was also ordered to do 100 hours unpaid work within 12 months.

Schmidt's mother, now aged 87, came to live with them in 2010, but subsequently police and social services began to receive reports that she was not being properly cared for. Friends and family became frustrated and called the police. Eventually, in August 2011, social services and the local GP got into the property to see her.

She was extremely thin, her toe nails were severely overgrown, she was unkempt and living in dirty conditions. Social Services removed her for her own welfare and the by now frail woman, weighing less than six stone, was taken into care where she now lives in a safe environment and a much improved condition.

Schmidt and Whelan were arrested.

Detective Constable Emma Fields said: "Further evidence was obtained from the victim's bank account. Several cheques and card transactions were made on the account which were not for her. Paul Schmidt admitted to writing and signing the cheques, he said because his mother told him to and he said she gave him permission. However the court found that this activity was fraudulent and for his benefit.

"This was a blatant case of heartless exploitation and neglect of a very vulnerable person, who deserved love and care but received just the opposite.

"We hope this outcome will send a warning message to anyone thinking they can take advantage of an elderly vulnerable person. Police and caring agencies will respond and take every possible step to bring them to justice."

Three men arrested for fraud in Selsey

THREE men have been arrested for fraud in Selsey last week.

Police were informed on March 31 after a man in his 80s had withdrawn £11,000 since the beginning of February for work on being done on his garage roof.

The three men, a 32-year-old from Dorset, a 47-year-old and a 20-year old both from Wiltshire, were arrested for fraud and have been bailed until May 12 while investigations continue.

Three charged with fraud at Selsey Solicitors firm

THREE people have been charged with fraud offences following an investigation by Sussex Police detectives into the affairs of a now closed firm of Solicitors in Selsey.

Simon Kenny, 57, of Old Hunt Stables, Catsfield, near Battle, Emma Coates, 44, of West Street, Selsey, and Stephen Huseman, 57, of Morzine, France, are due to appear on bail at Westminster Magistrates Court in London on Wednesday 23 April.

Kenny and Coates are charged together, with false accounting between 4 July 2006 and 15 January 2007, and with fraud by abuse of position between 15 January 2007 and 31 May 2011. They and Huseman are also all charged with fraud by abuse of position between 1 January 2008 and 15 March 2011.

The Sussex Police Major Fraud Unit have been investigating events that led to the closure of CK Solicitors in Selsey by the Solicitors Regulatory Authority (SRA), with whom detectives have been working on this complex enquiry since 2012. The investigation centred on the alleged disappearance of some £900,000 which is alleged to have been taken from client accounts at the firm.

Taking the lead – Cabinet Member has free NHS health check

"QUICK AND EASY," that's how Christine Field, West Sussex County Council Cabinet Member for Community Wellbeing, described her recent free NHS health check – and she is encouraging all eligible residents across the county to take advantage and have one themselves.

The health checks, which take 20-30 minutes, focus on preventing major causes of illness, such as heart disease, stroke, diabetes and kidney disease.

These conditions are often avoidable and a health check could help to identify any possible issues before a problem develops.

Christine said: "We all want to lead healthy, happy lives for longer and that's why I think it's important to make our own health a priority.

"A health check doesn't take very long and there is nothing invasive to worry about, but it could make a difference to your future.

"We should all take advantage of opportunities to check our general health and to find out about any changes we can make ourselves to help to improve our wellbeing."

Health checks can be booked through a number of methods from workplaces to doctors' surgeries.

Christine had hers at County Hall, Chichester, as part of a series of workplace health checks run by healthcare provider ToHealth.

She added: "Recently we made free NHS Health Checks available to staff in County Hall. It was very easy for me to pop in so I've had my health check and I'm very glad I did.

"We recommend that other employers do the same. The ToHealth team will come to their premises so they just have to find a suitable time and place – there's no charge. It's a real benefit for staff but it's also good for businesses to have a healthier workforce."

Employers in West Sussex can arrange for free health checks to be held at their workplace for eligible employees by contacting 01243 024023.

Residents can also take advantage of the free health checks at participating GP surgeries, pharmacies and community clinics across West Sussex.

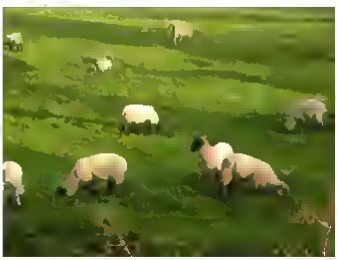
Having a health check can help to identify serious 'hidden' conditions such as high blood pressure and high cholesterol that often don't have symptoms but can mean you have a much higher risk of having a heart attack or stroke. Both these conditions can be treated by your GP.

Health checks must be booked in advance and are available to anyone aged between 40 and 74 years-old without an existing condition (such as diabetes, high blood pressure, high cholesterol or kidney disease) and who hasn't had a check in the last five years.

They are confidential and include a blood pressure check, a cholesterol test, a discussion about family history, and assessment of lifestyle factors (such as smoking) and levels of physical activity.

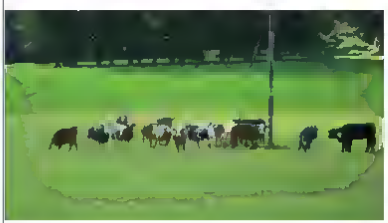
Find out more by visiting www.westsussexwellbeing.org.uk/healthchecks.

West Sussex County Council's Prevention Assessment Teams (PAT) also regularly run these health checks at community venues across the county. To find out about the dates and locations, please visit www.westsussex.gov.uk/pat.



Happy Easter
From
Adsdean Farm Shop

Copas Free Range Chickens Dry Plucked & game hung
Turkey & Ducks,
Lamb , our own Free range Pork & Beef
Home cured and smoked Bacon & Gammons Our own made Sausages, & Beefburgers,
Situated in one of the most beautiful parts of the Southdowns. Why not take a drive into the downs, park at the farm, take a walk over the Hill to a local Pub, or up to Kingley vale nature reserve. Walk back and stock up, with some proper local food Farm shop opened 1970, often copied, never bettered
Open Wed- Fri 9am-5pm, Sat. 9am-4pm Open Good Friday ½ mile N of Fox & Hounds in Funtington 01243 575212



www.adsdeanfarm.co.uk

Coming up -
Open Day June 8th

FOR ALL OF YOUR
ORTHOPAEDIC OR
MOBILITY NEEDS
UNDER ONE ROOF

01243 673868

ONE STOP® OSM MOBILITY

OSM HOUSE
1, STATION APPROACH
EMSWORTH
NORTH STREET
PO10 7PW
01243 389789

www.one-stopmobility.com

THE ONE STOP MOBILITY SUPER STORE

We have, probably, the largest stock of incontinence wear, bath aids, Riser and fireside chairs. Mobility scooters, power and manual wheel chairs. Orthopaedic supports and aids. A full range of cushions for all needs. Plus hundreds of items to make eating, drinking, and getting dressed or undressed easier. **Send or phone for your free brochure, today**

MOBILITY SPECIAL OFFERS

STD5 4/8 mph road legal Mobility Scooter Special Price £1,799.00 exVAT

Leo 4 mph 22 mile Range & up to 21 st Large boot scooter £835.00 exVAT

Karma Ergo light weight wheel chairs from £299.00 ex vat

Introducing the new COLIBRI 4 mobility scooter in 5 colours special offer £799.99 ex vat

Visiting us could not be easier! If you come by car we have our own large customer only car park or, you can step off of the train and straight into the shop. We have good scooter or wheelchair access, into and around the store. You can enjoy a hot or cold complimentary drink, in our rest area. We are here to help keep you mobile and make life a lot easier. If you let us know the details of your arrival, we will meet you off of the train with a wheelchair.

OUR NEW RANGE OF INCONTINENCE PRODUCTS ARE NOW IN STOCK. WE HAVE, PROBABLY, ONE OF THE LARGEST SELECTION OF PRODUCTS IN THE SOUTH. ALL ARE EXCELLENT VALUE WITH HIGH ABSORBENCY AND LOW COST PER UNIT. WE ALSO HAVE A WIDE CHOICE OF TOILETRY, BATHING ATTACHMENTS AND AIDS IN STOCK. EVERYTHING FROM BATH LIFTS AND GRAB RAILS TO COMMODES.

PLEASE NOTE THAT WE NOW HIRE OUT MOBILITY SCOOTERS, WHEELCHAIRS, COMMODES AND HOSPITAL STYLE HIGH BACK CHAIRS AT VERY COMPETITIVE RATES. BOOK EARLY FOR YOUR VISIT. WE DELIVER AND COLLECT, IF NECESSARY.

**WE SERVICE AND REPAIR SCOOTERS, POWERCHAIRS AND WHEELCHAIRS.
WE ALSO SUPPLY AND FIT ALL BATTERIES.**

College Choir will sing with Gary Barlow

A COLLEGE near Chichester has been chosen to sing at the forthcoming tour of Cary Barlow. The Seaford College Choir of 20 choristers will perform with Gary Barlow himself on his Jubilee composition 'Sing' and will take place on Wednesday 23 April at the Bournemouth International Arena. The 20 choristers have been chosen from both the Prep school and Senior school and are busy rehearsing over the Easter holidays.

Holly Graham, year 12 said "To get the chance to meet Gary Barlow is amazing but to also be able to sing in a concert with him is unbelievable. This is a once in a lifetime opportunity that I'll never forget. We are practicing hard during our Easter holidays to make sure we are perfect on the night. I know we'll all be nervous but once it's over I know I'll be buzzing." The choir knew a while ago but his record company asked us to keep it a secret until he'd performed his first concert. It's been really hard not to tell all of my friends."

Sara Reynolds, Head of Voice & chairs at Seaford said: "I am so thrilled that we have been given yet another marvellous opportunity to show how well the choirs here at Seaford College are singing. To sing to thousands of people during a sellout tour of an international vocalist is so exciting. The 20 choristers who have been chosen are working so hard and are enjoying the experience enormously. I am just sad we couldn't take all 80 of the children who sing in choirs here!" Sara Reynolds is also Head of Voice at the Junior Royal Academy of Music in London.

Seaford College has an enviable Performing Arts Department which specialises in both music & drama and has Tom O'Dell amongst its alumni.

Curfew for Selsey woman who pleaded guilty to £21,000 benefit fraud

A SELSEY woman who fraudulently claimed over £21,000 in benefits has been handed an eight week suspended prison sentence and a six week curfew.

Elaine Potter, 45, from Beacon Drive, Selsey, had claimed housing benefit, council tax benefit, Jobseekers Allowance and employment support allowance but failed to declare her partner had been working.

Mrs Potter pleaded guilty to four charges of failing to notify Chichester District Council and the Department for Work and Pensions of changes in her circumstances.

At Worthing Magistrates Court on Monday 7 April, Mrs Potter was sentenced to eight weeks imprisonment, suspended for 12 months, with a six week curfew order from 8pm to 5am daily.

Mrs Potter was overpaid £21,110.46 between December 2010 and June 2013.

Both Chichester District Council and the Department for Work and Pensions will seek to recover all the overpaid benefit.

Working in partnership to improve Chichester Harbour water quality

WATER QUALITY at Chichester Harbour is set for a boost following a partnership project to improve treatment at the Apuldram wastewater treatment works.

Southern Water has completed construction of a new £2 million Ultra Violet (UV) plant at the works in Apuldram, Chichester. This means that effluent being discharged through the storm overflow in times of wet weather will be subject to ultra violet (UV) treatment for the first time.

The Chichester catchment is affected by high levels of groundwater getting into the sewer network. When groundwater levels are high, water leaks into the sewer system and becomes mixed with foul water. This results in the problem of the flows into the treatment works sometimes being greater than its capacity to treat them fully.

Although the effluent is discharged through screens that remove solid matter, the regularity and length of time that the storm overflow operates has raised concerns about its impact on the Harbour's water quality.

The Chichester Water Quality Group, made up of representatives from Chichester District Council, Environment Agency, Southern Water, Chichester Harbour Conservancy, Natural England and West Sussex County Council, has been working closely to protect and improve water quality in the West Sussex Harbour.

Following months of studies and partnership working that looked closely into the issue, the group identified that the installation of UV treatment would help lessen the impact of the discharges from the storm overflow in the short to medium term.

Sián Granny, Director at Chichester Harbour Conservancy, endorsed the work of the Chichester Water Quality Group. "It has been a challenge for everyone involved but we have worked as a team to address the issues which impact on the quality of the water in the Harbour. Each representative has genuinely engaged with the group to achieve a positive outcome which we know will be a great relief this season to the thousands of Harbour users".

Installing this type of treatment will reduce bacteria levels entering the Harbour through the storm overflow and will help to protect and improve water quality, including the important designated shellfish waters in Chichester Harbour.

Southern Water's Head of Environment & Quality John Spence says "Ultra violet disinfection has for many years been used at treatment works to help clean wastewater arriving from homes and businesses. However, using it to disinfect storm flows is a first for Southern Water.

"We recognise Chichester Harbour is environmentally sensitive and we, among others, have a responsibility to help protect it. Providing this additional treatment, will ensure all flows entering the harbour from our site are of consistent high quality."

The UV treatment alone will not address all the water quality issues at the Harbour, such as the high levels of nitrogen, which can cause undesirable ecological effects such as excessive growth of algae or green weed.

Chris Wick, from the Environment Agency and chair of the Water Quality Group, said "The Chichester Water Quality Group will continue to work together to protect and improve the water environment in the harbour. We will continue to focus on the infiltration problem which is causing the sewers to overflow, but we also need to tackle pollution from elsewhere, as evidence shows us that most of the nitrogen in the harbour comes from sources other than Apuldram sewage works. In the meantime, this new plant is a huge step forward for water quality in the harbour."

Spring DEALS

Great Offers from Covers

15% OFF EVERYTHING!

(Excludes Spring Deals Offers)

When you present this voucher with your purchase

This voucher is only available for a single transaction. Voucher valid until 31st May 2014. Excludes any other offer or current discount arrangement. Discount applies to retail prices.

Spring Ch 05.14

MultiPurpose Compost
- 56L per bag

3 BAGS FOR £10.00

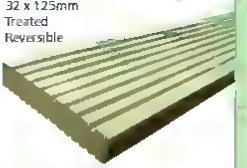
Ronseal Fencelife
- Available in 7 colours
- 4L +25% EXTRA

£5.99 each

Decorative Stone
- Available in 7 colours
- 25kg per bag

3 BAGS FOR £12.00

Softwood Decking
- 32 x 125mm
- Treated
- Reversible



£2.27 per mtr

Thakeham Olympic Paving
- Gold or Silver
- Riven or Textured
- 450 x 450mm

£2.27 each

Ronseal 5 Year Weather Defence Fencelife
- 5 year colour protection
- 5L

£8.99 each

Hozelock 2Sm Compact Reel
- Nozzle included
- Model 2412

£25.99 each

Black & Decker Grass Strimmer
- Model B/DST5530

£44.99 each

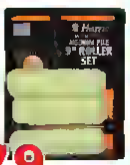
Rhino Flexi-Tub
- 40L
- Available in a variety of colours

£4.99 each

Wheelbarrow
- 85L
- Black

£36.98 each

Harris Taskmaster Triple Roller Set
Includes
- Roller frame
- 3 x Taskmaster sleeves and tray



£4.79 per pack

Treated Mini Softwood Sleepers 100 x 150mm x 1.2m
- FSC Certified

£7.80 each

Your nearest depots are

Quarry Lane, Chichester
tel 01243 785141

Station Yard, Bognor Regis
tel 01243 863100

Visit www.covers.uk.com for opening times

Trade & Retail Welcome

COVERS

Timber & Builders Merchants

Prices include VAT. Spring Deals are valid until 31st May 2014. Excludes any other offers and current discount arrangements. Offer subject to availability, actual product colour may differ from illustration. All delivered orders below £300.00 (ex vat) will have a £12.00 (ex vat) delivery charge.

Prescription – cultivate your garden, allotment or window box twice a day, before meals

Allis Moss

On the Case

Should we return to our roots? I remember reading Jeremy Paxman's book on the English. The opening page stated we are gardeners not gastronomes or cooks. But as we browse the supermarket shelves or settle deeper into the armchair for our favourite foodie show or peruse the menu in any restaurant in South or North Street in Chichester, we can see that we have, in fact, become a nation for whom the larder and the table have overtaken the wheelbarrow and the wellie. Of course, the two are linked but where does our heart lie? Dining or potting? Munching or mulching? The answer's important because a new study this month has found out what we already knew – that growing veg is good for us. We're talking growing, not eating here. So much so, doctors are being asked to put "growing veg" on prescription. Getting our fingers in soil makes us feel good, can even help us cope with the effects of drug treatments for serious illnesses. Whether parsley, sage, rosemary or thyme on a window sill or ledge, or serried rows of legumes in an allotment—growing them is good for us.

Polytunnel takeover

It's interesting to see the changing face of rural West Sussex. Not everyone will like it. Polytunnels and glass houses cover vast swathes in our fields. Elsewhere, another new bumper crop is sprouting. It's a hardy perennial not native to the Downs and though not pretty, at least the solar panels don't smell like the oilseed rape does after dark.

How does your garden grow?

I am envious of those with green fingers as, although I love nature, my expertise with growing things is defined by once owning a palm tree called Fred (now defunct). I now have a strawberry plant that always produces three fruits every summer, a Jamie Oliver tomato plant that put out the requisite three cherry tomatoes last season and a blueberry bush acquired in a seed exchange that has provided berries for my cereal. The seed exchange is a wonderful thing. So many local varieties of veg can't be grown or sold commercially, because they haven't been registered. Registering costs money and is typically more the terrain of larger corporations. We have scores of indigenous types of cauliflower in Britain and the older, native varieties are often hardier. But only a handful can appear in our shops. At a seed exchange no money changes hands so it's all above board, but it keeps the seeds and the varieties they propagate in circulation.

Five, seven or 10 times a day?

Eating your veg, that is. A study of 65,226 men and women found the more fruit and vegetables they ate, the better for them. The World Health Organisation advises five portions a day, but new evidence suggests we should go up to lucky number seven. Dr Alison Tedstone, of Public Health England, is reported as saying people "tend to understand this five-a-day-message," adding we "should keep it simple and stay as we are." Are we, as a nation, unable to compute beyond five? Or, like true gastronomes, why not go all out with up to 10 portions a day like the French?

Mind your bees and Qs

I'm all for legislation and practices to protect honey bees against harmful pesticides, but I don't want them extending their gratitude too far. A giant new cousin of theirs seems to be doing the rounds. Three of them came into my mother's lounge and the dog chased them and tried to eat one. The final insult was another of these large, dark bees (workers presumably, they can't all be queens) came into my bathroom through a partially open window. I could have done with my friend's apiarist husband, Callum, but had to make do with neighbour, Charis, waving sheet music to shoo it on its way.

"It's gone," she said. Of course it hadn't. The bee had come to rest camouflaged on my interview suit airing on a hanger, and had to be wafted out with the aid of Edith Piaf.

Birds and Bees

This week a blackbird flew into the jasmine bush in my garden with a clump of something for a nest in its beak. Every year the blackbirds build their nest in the same spot amongst the jasmine leaves. I've heard that they literally don't put all their eggs in one basket, that they build several nests and rear a single chick in each.

And finally

What is it about men and insects and the former's fascination with the latter? Is it just the men and insects I know? The ex picked up a striped black and white buzzing beast in his bare hands thousands of miles away and was quietly instructed to put the "wingless wasp" down again, with the warning it was one of the most dangerous creatures on the planet. Another, Martin, is a bee-whisperer, and likes to stroke them. But the entomological laureate's crown goes to Callum, who harvests delicious honey. He takes his honeybees to travelling fairs and markets, where he releases them from their temporary carrier home, they do a turn and then oblige him by flying back in again.

Contact Allis: allis.moss@chichesterherald.co.uk

Fire day at Sainsbury's

CHICHESTER BLUE WATCH came to Sainsbury's Chichester on the Friday 4 and Saturday 5 April 2014 with their brand new fire engine to help raise funds for 'Fire Awareness Day'. Firefighter Ian Sinfield who organised the event helped customers climb on board and take a look around with all adults and children enjoying the experience. They also did a collection at the front doors for the Fire Fighters Charity which help employees and former employees of the fire and rescue service.

Photo of the week

#Chichesterphoto

Chi City Team @ChiCityTeam
Chichester & Arun Police Cadets hard at work full of enthusiasm now time for lunch before next duty #teamspirit

Men's Health MOT

At Nuffield Health Chichester Hospital we offer a prostate assessment for £275, including:

- IPSS Score (International Prostate Symptom Score)
- Brief History
- Rectal Examination
- PSA
- Urine Analysis

Most of the results will be available during the appointment

To book or buy a Health Assessment voucher

01243 887 844

Nuffield Health Chichester Hospital
78 Broyle Road, Chichester
West Sussex PO19 6W8

chichesterenquiries@nuffieldhealth.com

The Nuffield Health Promise

Our all-inclusive prices are guaranteed

We will meet any comparable price*

There are no time limits on your aftercare*

Nuffield Health Hospitals
Get the Nuffield Treatment

Not including your self-pay initial consultation at NHS hospitals local and other hospitals within 15 miles of the Nuffield Health hospital. We will match against written quotes only. Promise valid for patients living or employed within the area. Please ask for details. Applies to your first consultation following any referral from your Consultant for any procedure you may require. Excludes prosthesis, surgical supplies and parts of your treatment. Guaranteed for the duration of clinically required aftercare where further intervention and monitoring after treatment is initiated or deemed necessary as a direct result of surgical intervention.

Spring Awards success for students

CHICHESTER COLLEGE students stole the show at the FE Sussex Spring Awards last week with three worthy winners. The glittering event, held at Brighton's famous Hilton Metropole hotel, provided a plush setting for the high profile and celebratory occasion.

The annual awards ceremony for the Sussex colleges' was full to the brim with excited students and families representing Sussex's finest. This included one worthy Chichester College winner and two runner ups, all delighted with their achievements.

The night certainly belonged to the students from start to finish, with Sussex Coast College welcoming the guests and ensuring the smooth running of the arrival arrangements. Chichester College's Floristry and Horticulture department provided a fantastic exhibition, providing a wonderful insight into the quality and skill its students' are working at and the recent success of the Horticulture students taking home the treble as the Young Gardeners of the Year at the Ideal Home Show. Varndean Performing Arts students were tasked with providing the ceremony's entertainment during the awards interval, just before a delicious three course dinner was served by Hospitality and Catering students.

First up to accept her award was former Chichester College student Sophie Harrison. A talented and budding entrepreneur, Sophie studied Hospitality with the College and realised she wanted to start up her own business in cake-making so enrolled on the prestigious Peter Jones Enterprise Academy course. Sophie was a very worthy winner of the Hospitality student of the Year award.

Accompanied by her sister, boyfriend and course leader Hilary Hele, Sophie said: "I was extremely grateful to be nominated for the award and to win really was exciting. It means so much to win as it has confirmed that all my hard work has been worthwhile and has further encouraged me to pursue my dream and passion within the hospitality industry."

Habib Tajik, a BTEC Business student from the College was announced as runner up for the Pearson Most Improved Learner of the Year. Habib arrived in the UK four years ago from a war struck Afghanistan and could not speak or write a word of English. Now, he works for West Sussex County Council and is studying hard to achieve the best grade possible in his BTEC in Business. Habib's foster mother was delighted to be able to witness his runner up award achievement, after supporting him both emotionally and financially throughout his studies.

Making a once in a lifetime opportunity for Habib, he said: "It's still sinking in how much I have achieved in four years. I want to thank Chichester College for their constant support and making me realise how much I can achieve with hard work and determination."

Another worthy winner from Chichester College was Toby Schofield, who scooped the Apprentice of the Year runner up Award, another accolade to add to his collection which includes Runner up in the National Apprentice of the Year awards and winner of the South Central Apprentice of the Year. Toby works for Creative Woodworking Company in Bosham where he creates bespoke joinery furniture. He is currently completing his Level 3 Bench Joinery at Chichester College, after successfully finishing his Level 2 with flying colours.

(L-R) Toby, Sophie and Habib

Toby has had a great year and he is looking forward to planning out the rest of his career, he said: "It's been a life changing experience. I'm extremely pleased about the award and excited for the future ahead of me."

The evening was hosted by FE Sussex Chief Executive Officer, Tim Strickland, who said of the event: "Each year there are 83,000 learners studying at FE colleges and sixth form colleges in Sussex. To be nominated for an award means you are truly exceptional."

Chichester College Principal Shelagh Legrave attended the star-studded awards evening, and also presented the Sussex A level/IB Learner of the Year award was extremely proud of the College's three winners, she said. "What a fantastic achievement for Sophie, Toby and Habib. They are true ambassadors for what we stand for at Chichester College, which is changing lives through learning."

Not Only Sofas

BOGNOR | 01243 863363

Stores Bognor Bedroom Living room Dining room Electronics Children's Furniture Mirrors

Welcome to Not Only Sofas - Bognor

For the best priced FURNITURE you'll ever see

Not Only Sofas - Bognor
01243 863363
Unit 15 Castlegrove Business PK
Durban Road
Bognor Regis
PO22 9QT

LESS THAN 1/4 PRICE!

EX DEMONSTRATION (store stock) MOBILITY SCOOTERS

COLLECT OR GET LOCAL DELIVERY FOR JUST £10!

Grade B

STERLING SAPPHIRE 2 Mobility Scooter
RRP £2795
OUR PRICE £499 Exc VAT

STERLING LITTLE GEM 2 Mobility Scooter
RRP £1999
OUR PRICE £420 Exc VAT

Grade A

STERLING SAPPHIRE 2 Mobility Scooter
RRP £2795
OUR PRICE £630 Exc VAT

NO VAT CHARGED FOR ELIGIBLE CUSTOMERS

BEDROOM FURNITURE, DINING RANGES, SOFAS AND SO MUCH MORE IN STORE!

Not Only Sofas

Open Monday - Saturday 10am to 6pm
Sunday 11am - 4pm

Unit 15 Castlegrove Business Park, Durban Road, Bognor Regis PO22 9QT
01243 863363

OPEN GOOD FRIDAY AND EASTER MONDAY

National News

FOLLOW US ON TWITTER
@chiherald

News in Brief

• London's City Airport should close and its site be redeveloped to create jobs, boost local business and build new homes, a think tank has said. The airport accounts for just 2.4% of London's total flight demand, the report from the New Economics Foundation (NEF) said. Its passengers could use Heathrow, Gatwick or Stansted, NEF claimed. A London City Airport spokeswoman said the airport 'facilitates inward investment and economic growth"

• The government is being urged to scrap plans to ban CCTV cameras used to enforce parking rules. The Local Government Association said banning CCTV would not reduce tickets but would put schoolchildren and other vulnerable pedestrians at risk. But a local government minister branded the cameras an excuse to raise money by issuing fines on an 'industrial scale'. The Department for Transport has insisted it was committed to reining in "over-zealous parking enforcement

• A footballer who made a homophobic gesture to Brighton and Hove Albion supporters has been found guilty. Colin Kazim-Richards mimicked pulling his shorts down and put his left arm behind his bottom at the match last February. Brighton magistrates heard. Kazim-Richards, 27, who was playing for Blackburn Rovers at the time, claimed he was "having a bit of banter" with fans who he said were abusing him. But he was convicted of using abusive or insulting behaviour and fined £750.

• Teams are focusing on a narrowed search area in the hunt for the missing Malaysia Airlines plane, after more signals were heard earlier this week. Thursday's search was set to involve up to 14 aircraft and 13 ships, the agency coordinating the search announced. They will search 57,923 sq km (22,304 sq miles) – the smallest designated search area in the hunt to date. On Wednesday, the official leading the search said he believed teams were looking "in the right area"

• Marks and Spencer has revealed another quarter of falling sales in its non-food general merchandise division – the 11th quarter in a row they have fallen. Like-for-like sales in the division fell 0.9% in the three months to the end of March. However, the retailer said there were signs of "encouraging improvement" in clothing sales, with like-for-like sales up 0.6%. Food sales rose just 0.1% on the same basis. Online sales were up 12.5%

Concern over cybercrime plans

THREE out of 43 police forces in England and Wales have a comprehensive plan to deal with a large-scale cyber attack, a report has found.

Her Majesty's Inspectorate of Constabulary (HMIC) warned only Derbyshire, Lincolnshire and West Midlands had sufficient plans in place.

It also found only 2% of police staff across 37 forces had been trained on investigating cybercrime.

The report examined how prepared police are for a series of national threats.

Last year, the government identified five threats as priorities for police to prepare for. These are: Terrorism, Civil emergencies, Organised crime, Public order threats, Large-scale cyber-attacks.

As part of its Strategic Policing Requirement (SPR), the Home Office called for a nationally-required policing response to counter each of the threats.

The report is the first in a series of inspections looking at how individual forces have responded to the guidelines.

However, it found the response to national threats by individual forces has "not changed appreciably".

HMIC inspectors said they were "struck by how incomplete the police service's understanding of the national threats was" and that more needs to be done "collectively by all forces".

The report called for "much greater attention" from police leaders.

"The capacity and capability of the police to respond to national threats is stronger in some areas than others – with the police response to the cyber threat being the least well developed," HMIC's Stephen Otter said.

Police plans to deal counter terrorism, public order, civil emergencies and organised crime were in "stark contrast" with the capabilities for cyber related threats.

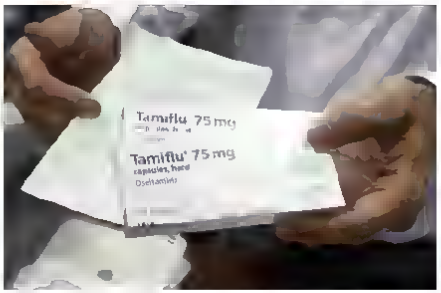
Inspectors found the ability to deal with cyber threats remains "largely absent" in some forces and that some senior officers across England and Wales are still "unsure of what constituted a large-scale cyber-incident".

They found forces were "silent" when it came to preventing cybercrime and protecting people from the harm it causes, despite the fact it is "fast becoming a dominant method in the perpetration of crime".

"The police must be able to operate very soon just as well in cyberspace as they do on the street," the report said.

The HMIC report covered police forces in England and Wales.

Millions wasted on flu drug



HUNDREDS of millions of pounds may have been wasted on a drug for flu that works no better than paracetamol, a landmark analysis has said.

The UK has spent £473m on Tamiflu, which is stockpiled by governments globally to prepare for flu pandemics.

The Cochrane Collaboration claimed the drug did not prevent the spread of flu or reduce dangerous complications, and only slightly helped symptoms.

The manufacturers Roche and other experts say the analysis is flawed.

The antiviral drug Tamiflu was stockpiled from 2006 in the UK when some agencies were predicting that a pandemic of bird flu could kill up to 750,000 people in Britain. Similar decisions were made in other countries.

The drug was widely prescribed during the swine flu outbreak in 2009.

Drug companies do not publish all their research data. This report is the result of a colossal fight for the previously hidden data into the effectiveness and side-effects of Tamiflu.

It concluded that the drug reduced the persistence of flu symptoms from seven days to 6.3 days in adults and to 5.8 days in children. But the report's authors said drugs such as paracetamol could have a similar impact.

On claims that the drug prevented complications such as pneumonia developing, Cochrane suggested the trials were so poor there was "no visible effect".

Students could retire still in uni' debt

MOST students will still be paying back loans from their university days in their 40s and 50s, and many will never clear the debt, research finds.

Almost three-quarters of graduates from England will have at least some of their loan written off, the study, commissioned by the Sutton Trust, says.

The trust says the 2012 student finance regime will leave people vulnerable at a time when family costs are at a peak.

Ministers said more students from less advantaged homes were taking up places.

The study, written by researchers at the Institute for Fiscal Studies (IFS), assessed the impact of the new student loan system for fees and maintenance, introduced in England from September 2012 to coincide with higher tuition costs of up to £9,000 a year.

The study – entitled Payback Time? – found that a typical student would now leave university with "much higher debts than before", averaging more than £44,000.

"The vast majority of this increase is the result of higher fee loans to cover higher tuition fees."

In cash terms, the researchers estimate that graduates will now repay a total of £66,897 on average – equating to £35,446 in 2014 prices.

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UPTO 45% off WINDOWS

DOORS FROM £599 Including VAT & Fitting!

Huge Savings on Conservatories & Orangeries

Aluminium & PVCu Bi-fold Doors

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk

BRITANNIA CONSERVATORIES WINDOWS • DOORS

Chichester Business

FOLLOW US ON TWITTER
@chiherald

Growing Wiser at Tawny

Tawny Nurseries

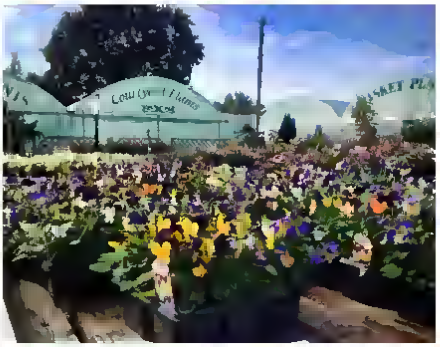
AS YOU get older you will need to write a will, so where do you go? A solicitor.

Tax advice? An accountant. Feeling ill? Only the doctor will do.

To buy plants? A grower.

TAWNY NURSERY is a family business started by Phyllis and Derek Howell in 1977. Adrian and Gloria their children now run the nursery with help from Adrian's daughter, sister in law and niece.

So when we Tawny say family, they mean it!



Derek at 87 still works seven days a week. He says it keeps him young!

The nursery takes its name from the tawny owl seen flying over the land when Derek and Phyllis decided this was the piece of land they wanted. So began the hard but very enjoyable work.

People are always surprised by the amount of plants that are grown at the nursery. The range is vast: bedding plants, thousands of hanging baskets, vegetable plants and the many shrubs and herbaceous plants not to forget the exotics.

Tawny gives each of their many customers a personal service and they are never too busy to give advice – they help you choose the right plants for your garden.

If you have a plant you need naming, Tawny enjoys the challenge!

Most often asked questions include 'when shall I plant my summer plants?' The best time is the middle of May when all the risk of frost has gone. Also the days are longer now, giving the plants plenty of daylight. You may be tempted to plant them earlier, this usually holds them back so very little is gained from this and many plants can die. Tomato, runner beans, peppers and other tender vegetable plants should not be planted outside before the end of May. If you watch the local parks they plant out in the last two weeks of May ensuring a spectacular display.

There are several new and existing additions this year at Tawny; a new range of pots featuring the new RHS series, fabulous silk flowers and an in house florist.

At Tawny Nursery they do not sell books, clothes, toys or even have a restaurant. What they do is concentrate on being the best supplier of plants of all shapes and sizes in all varieties and if it's not in stock we Tawny will endeavour to source it.

In these days of vintage revival visit a nursery just growing plants.

Tawny Nursery, Bell Lane, Chichester, Birdham, West Sussex, PO20 7HY. Tel: 01243 512108

CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400

WHY YOU SHOULD STAY AT
Chichester Park Hotel

Take a stroll in the Sussex countryside and rolling South Downs. Explore the city's pride and joy, the Cathedral and the heritage of Arundel Castle.

Chichester Park Hotel is the ideal place to stay for visiting the historic city, as well as a offering perfect wedding venue or conference facilities in Chichester.

Visit our website for more information on why Chichester Park Hotel is ideal place to stay in West Sussex.

Whether you're looking for a place to rest your head after a long day, or somewhere to grab a bite to eat, a place to have your wedding day or to host a special event, or you need to work-out or pamper yourself (because you deserve it), our rooms, restaurant, venue facilities, leisure facilities and spa mean you'll have everything you could possibly need to have a great stay at Chichester Park Hotel.

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel 01243 817400 www.chichesterparkhotel.com

M
Murrays

[illegible]@[illegible]lchotel.net
www.[illegible]chotel.net

Selsey set for star day in honour of Sir Patrick

Some of Sir Patrick's memorabilia set to be on show

SELSEY CRICKET CLUB are set to stage an all star charity match this summer with former internationals Devon Malcolm and Matthew Hoggard set to appear

On Sunday 8 June there will be a celebratory cricket and family day in memory of Sir Patrick Moore and celebrating the 180th Anniversary of Selsey Cricket Club, with Selsey playing the Lashings All Stars for the Sir Patrick Moore Cup

An exhibition & tribute to Sir Patrick Moore will also be opened by Dr John Mason MBE on 8 June 2014 at 11.45 at Selsey Cricket Club in the Sir Patrick Moore Pavilion

The exhibition will feature a replica corner of Sir Patrick's study in "Farthings", his beloved Selsey home since 1968

Many Selsey Cricket Club committees were held in this study as he served as Club Secretary and player for many years and was later recognised as Life Vice President

The 3D display is located within the Selsey Cricket Club Pavilion and will be a permanent visual reminder of Sir Patrick's personality, to include original memorabilia, books & pictures relating to his many years involvement as a keen, exuberant and valued member of Selsey Cricket Club

Internationally renowned astronomer, author, Sky at Night presenter, accomplished musician, cat lover and of course intrepid cricketer this exhibition seeks to be a reminder and trib ute to the great man Sir Patrick Moore, much loved by the community of Selsey

The provisional timings for the day will be

9am Ground and club open to the public

9 30 11 30am Ladies T20 match

11 45am The open ng of the Sir Patrick Moore exhibition by Dr John Mason MBE

12 2pm Lunch in the marquee

2pm Coin toss followed by introduction of the teams and photo call

2 30pm Start of Selsey v Lashings All Stars match 30 overs per s de

4.30 5pm Players to take tea in the Pavil on, the Club house will be closed to the public during this per od

The Raffle will be drawn during the tea interval

During the tea interval there will be displays by the Razzle Dazzle Cheerleaders and the Academy Dance Group

5-7pm Second Innings of the All Stars Match

7pm Presentation of the Sir Patrick Moore Trophy to the winning team

The Club bar will remain open during the rest of the evening

During the day, there will be a hog roast, burgers, hot dogs and ice cream on sale

There will also be bouncy castles, runaway train, mini circus, and fairground rides

Volunteers are also required on the day, including programme sellers, raffle ticket sellers, litter pickers, people willing to make cakes, if you can help, please can you contact Bob Hoare on 01243 603962 or email the Club on selseycc@gmail.com

Admittance to the ground for the match and exhibition is free, and tables of 10 in the hospitality marquee are available from £500.00. There is still sponsorship and advertising opportunities available. Further details of the day from selseycc@gmail.com

VIP party with a difference for Chichester's Finest

(Photo courtesy of Nadia Stephens)
Guests enjoy the evening

OVER SIXTY guests experienced indulgent VIP treatment, on Friday 4 April, when Chichester's Balanced Wellness hosted its first Ultimate Wellbeing Party Launching 'Purely Balanced', their luxury, non toxic and safe beauty offering and showcasing the Centre's extensive treatments, the evening was a huge success

Delicious healthy canapes and organic bubbly reception introduced the evening's talks from leading nutritional and wellbeing experts, with pampering beauty treatments provided for all who attended

"We are delighted with how the evening has gone," Commented Laura Knowles, Wellness Centre Manager "Since opening in October, we have been working hard to find ways that we can raise our profile and move away from being Chichester's best kept secret and seeing so many new faces here tonight means that it's working At Balanced Wellness, we believe in enhancing the beauty you have, not covering up behind harmful cosmetics and treating problems with evasive treatments, we're glad that all who are here partying with us tonight feel the same

Immersing guests in the secrets of how to feel and look amazing from the inside out, the exclusive evening event introduced the important health checks that the centre specialise in, including food sensitivity testing and intestinal scanning Both offered guests the chance to help understand whether any underlying problems exist with food sensitivity and digestion and helped identify on-going and uncomfortable matters for most that had previously not received the right attention

The party entertained its guests throughout the evening, with many choosing to experience between a relaxing treatment, of a mini manicure, hand or foot massage or a beauty makeover from the companies new Purely Balanced range

"There's a great energy in the Centre this evening," commented Caroline Dixon, from Goodwood House "I am so pleased that I came along, I hadn t understood the extent of what the centre had offered before, but I'm keen to return to take part in a pilates class and treat myself to one of the natural and organic facials"

Partying past 10pm, all guests left the popular party looking good and feeling great, with decadent gift bags full of organic and natural goodies and many with return treatments booked in

If you would like to be added to the VIP guestlist for the next party, or are interested in finding out more about the fitness classes, organic beauty treatments and products and specialist health checks that the centre offer, please contact 01243 276511 or email the Centre at info@balancedwellness-chichester.co.uk

LICENSING APPLICATION
LICENSING ACT 2003

Notice of application for the GRANT of a Premises Licence

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the GRANT of a Premises Licence under Section 17 of the Licensing Act 2003

Details of the application

Name of Applicant: CHICHESTER FESTIVAL THEATRE

Postal address of premises: CHICHESTER FESTIVAL THEATRE, OAKLANDS PARK, CHICHESTER, WEST SUSSEX PO19 6AP

Brief description of application: Sale by retail of alcohol provision of various forms of regulated entertainment and the provision of late night refreshment Monday to Sunday

A copy of the statutory register may be inspected during normal office hours at the address shown below

Any Responsible Authority or other person wishing to make representations on this matter must submit those representations in writing to the Licensing Manager, Licensing Team, Health Protection and Environmental Management, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by email to licensing@chichester.gov.uk by no later than the 5 MAY 2014

Please note that it is an offence knowingly or recklessly to make a false statement in connection with an application and on summary conviction for the offence a person is liable to a fine not exceeding level five on the standard scale (currently £5,000)

Arts & Entertainment

Follow us on Twitter @chiherald

Now showing at Cineworld Chichester

powerfully emotional and darkly funny comedy-drama

Calvary(15)
Running time 100 mins
Director John Michael McDonagh
Starring: Brendan Gleeson, Chris O'Dowd, Kelly Reilly, Aidan Gillen, Dylan Moran, Isaach De Bankole, M Emmet Walsh, Marie-Josee Croze

★★★★☆

Writer-director John Michael McDonagh's follow-up to The Guard is a superbly written, darkly funny and powerfully moving mystery with a terrific supporting cast and a magnificent central performance from Brendan Gleeson

What's it all about?

Written and directed by John Michael McDonagh, Calvary stars Brendan Gleeson (reteaming with McDonagh after The Guard) as Father James, a parish priest in a coastal village in County Sligo, who receives a death sentence from one of his parishioners during confession. The man in question tells Father James that he was repeatedly raped by a priest as a boy and that as a result, he intends to kill an innocent priest, theorising that that will make more of a splash, he therefore gives Father James a week to get his house in order, telling him that he will meet and kill him on the beach, a week on Sunday.

Though Father James apparently knows the identity of his would be murderer, he nonetheless calmly goes about his weekly rounds, encountering a number of potential suspects, including cynical local doctor (Aiden Gillan), a wealthy, but miserable ex-banker (Dylan Moran), a sex-starved young man (David Wilmot) who's contemplating joining the army, a cuckolded butcher (Chris O Dowd), his promiscuous wife (Orla O'Rourke), her surly immigrant lover (Isaach De Bankole), a reclusive American writer (M Emmet Walsh), and a disillusioned cop (Gary Lydon) and his rent boy lover (Owen Sharpe), who speaks exclusively in 1930s gangster slang. At the same time, Father James is visited by Fiona (Kelly Reilly), his troubled daughter from his marriage before he joined the priesthood after his wife's death.

The Good

Brendan Gleeson is magnificent as Father James, delivering an eminently compassionate performance that is genuinely moving to watch, as each of his parishioners attempts to undermine, denigrate or challenge his faith. His interactions with Kelly Reilly (luminous) are particularly touching, as he struggles with the knowledge that his decision to join the priesthood has meant that he has, paradoxically, swapped being a father for being a Father.

McDonagh has assembled a mouth-watering support cast, each of whom are on superlative form, particularly O'Dowd (displaying a darker, meaner edge than we're used to seeing from him) and Gillen, who has elevated sneering condescension and general shiftiness to a fine art.

The Great

The superbly written script keeps you guessing throughout as to the killer's identity, unfolding less as a whodunnit than a who's-gonnadoit, while providing a contemplative portrait of faith and guilt that is ultimately deeply moving, regardless of your own personal convictions. Similarly, the dialogue is packed full of delicious lines (including a number of self-referential comments, which some may find a little on the smug side) and McDonagh orchestrates a number of powerfully memorable scenes that will stay with you long after you leave the cinema.

Worth seeing?

Impressively directed and superbly written, Calvary is a powerfully emotional and darkly funny comedy-drama, anchored by a magnificent central performance from Brendan Gleeson. Highly recommended.

Membership Open Day at Chichester Golf Club

GOLF can be an intimidating sport and many people are apprehensive about darkening the doors of a golf club unless they are a low handicap golfer. Chichester Golf Club has a completely different approach and prides itself on being informal and friendly. Thousands of people have learnt to play golf at this popular centre with its driving range and excellent team of coaches and many are now members of the Club.

Chichester Golf Club is doing what it does best and is opening its doors for a membership open day on Saturday 26 April between 9 am and 4 pm. If you are new into golf, new into the area or just curious about the Club then this is an ideal time to come and look round. Staff and members will be on hand to talk you through membership options and to explain the many competitions and social events held at the Club. The Club has a wide variety of membership options, to suit every budget and life style. These include the newly launched flex membership which starts at just £275 per annum and very competitive young adult and junior membership packages from as little as £100 for a year. The Club as a consequence has one of the highest number of members in their late teens and 20's of any Club in the area as well as a good cross section of all ages and abilities.

You can register for the open day by going to www.chichestergolf.com. Goodie bags worth £50 will be handed out on the day so it's defiantly worth registering and coming along to see for yourself what is so good about the Club.

Sally Haygarth, owner of Chichester Golf Club said "We have been holding open days for many years now and they are a great way of just getting people down the drive! Once they come down the drive, we get a lot of people joining as they are really impressed by the Club. Our problem, like many other golf clubs, is image. We really are a friendly lot and don't stand on ceremony."

For more information on the Open day on 26 April call 01243 536066 or go online to www.chichestergolf.com

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. **What is the name of Chris O'Dowd's character in The IT Crowd?**

A. ROY
B. MOSS
C. DOUGLAS

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 15th April 2014 at midday. The winner will be notified later on that day. Last weeks winner was Sandra Moss from Chichester. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 2EL
0871 200 2000

MRC community day bigger and better than ever!

(Photography: Janet Gibbs)

THE DATE should be in everyone's diary Saturday 26 April 2014 when Midhurst Rother College will be opening its doors to another action packed event

Over recent years Midhurst Rother College Community Day has become a big event on the Midhurst Calendar This year the has even more to offer than ever before, on Saturday 26 April the existing day of family fun, local arts, crafts and foods and businesses from across the area showing their wares will have even more to offer its visitors this year The Army Display Team will join the day to show off what they do best The People of the World Photography Exhibition will be open to the public This is a beautiful display of photographs taken by A-Level Photographers on their recent expeditions to Tanzania and Nepal Prints will be available to buy There will also be a car boot sale in the grounds, details of how to book a pitch can be found on the college website

Once again Millers Ark Farms animals will join the fun and the usual array of wildlife activities will be on offer as will face painting and beauty treatments by MRC's Hush Salon Tours of building will be part of the excitement Visitors will have the opportunity to experience a wide variety of wellbeing, health and fitness demonstrations and workshops including golf, reflexology and Pilates, the Middle Eastern Dancers will be displaying their skills and encouraging the public to have a go and a Junior 6A Side football tournament organised by UKFives will take place on the Astroturf

Free of charge stand and exhibition space will be available both inside and out to suit the purpose of your business For more information and to reserve your space allocation please contact Mrs Maddie Hathaway on either madeline.hathaway@mrc-academy.org or through the College Office on 01730 812451

Theatre group takes part in national drama festival

CHICHESTER FESTIVAL YOUTH THEATRE will be taking part in a national drama festival with a new thought-provoking production at the Capitol in Horsham

The youth theatre's Burgess Hill group is staging A Letter to Laoy by Catherine Johnson as part of the National Theatre's Connections Festival. The play is a powerful exploration of partner abuse and how it affects not just the couple involved, but their friends and family as well Age guidance 15+ As well as the drama, there will be uplifting musical interludes from Josie Munday and two other local musicians

The Burgess Hill group was set up a year ago, as part of Chichester Festival Theatre's commitment to developing the drama provision for young people in West Sussex.

Luna Russell, CFT's Learning and Participation Producer, said "Taking part in the Connections Festival has been a great opportunity for this group to develop their skills and enjoy the process of working together on this new play As well as encouraging young people to perform on stage, this has also been a fantastic opportunity for the Technical Youth Theatre group based in Horsham to work on the production behind the scenes"

Catherine Johnson is an acclaimed screenwriter, playwright and novelist for young people. Screen credits include Bullet Boy (co-written with Saul Dibb) and Rough Crossings (co-written with Simon Schama), plays include Fresh Berries, nominated for the Prix Italia and Imison Award for Radio Drama, and novels include Archie Hero, A Nest of Vipers and Face Value.

A Letter to Laoy is at The Capitol, Horsham at 7pm on 26 April. Tickets £6, Concessions £5. To book, go to tickets.thecapitolhorsham.com or call the Box Office on **01403 750220**

What's On in your local area...

• THE creators of the comic Doctor Who soundtrack are to reform for a one-off performance at the University of Chichester next month. British electronic group the Radiophonic Workshop will be playing songs from their original repertoire at a day long event on Friday 11 April. The pioneering quintet, were the original sound effects unit for the BBC during the 1950s will also be talking about their half century of music with the audience The group, who were home to engineers and musical innovators used handmade synths oscillators and tape loops to create tracks for television and radios most iconic programs Including Horizon The Hitchhiker's Guide to the Galaxy, and Newsround. However its members are best known for creating the title track for hit BBC show Doctor Who as well as its TARDIS sound effect, which is still used in the re launched series. The day long event, which runs from 10am until 11.30pm is being held at the institution's Bishop Otter campus in Chichester To find out more about the event, including how to book tickets, visit www.radiophonicworkshop2014.co.uk.

• On Sunday 20 April Chichester Model Engineers are holding their first Steam on Sunday of the summer season at their site in Blackberry Lane Chichester PO19 2FS between 2.00 and 5.00 Admission s free tickets for train rides with miniature steam or diesel locomotives are only £1 each. The popular Drive A Train Yourself" model railway Blackberry Junction, will be in a new home and the outdoor Garden Railway' will be running some newly built model trains Light refreshments will be available. For further information please see our website www.cdsme.co.uk

• Concorde is a social club which provides friendship and companionship for single people It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree Runcton and holds a variety of events throughout the year New members are very welcome Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715

CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering We have players at varying levels but we are not judgemental
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn Gribble Lane Oving PO20 2BP
More details from Andrew@andrewperry.plus.com or 01243 776391

• Chichester Art Society has a series of five workshops in April and May to help you Be A More Creative Artist. They will be tutored by one of the Society's talented members Shân Harnes and are designed to show you various techniques and approaches to enliven your work and take it in new directions. They run from 1.30pm to 4.30pm on Tuesdays April 1st, 8th 15th 29th and May 6th at Bassil Shoppam Centre (parking and easy access) and are open to non-members at £30 each or £115 for all five (to include refreshments) For further information and to book a place contact the secretary on 01243 602360 or email joan.campbell@zen.co.uk

• Monthly meetings carried out partially in Welsh, rest in English all levels of Welsh welcome meetings in members houses- contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

• The tenth annual Fishbourne Flat Five will take place on Sunday 1 June. This hugely popular event will as ever be a 5 mile run/walk following the traditional course around the harbour We will meet at the Fishbourne Centre at 09.45am with the event starting at 10.00am. This event is aimed at competitive runners and first timers as well as individuals or groups who enjoy walking round the harbour

This year we are delighted to announce that money will be raised for Fishbourne Primary School They are raising funds to replace the existing old and worn-out staging with a modular staging system which would allow the school to create anything from a flat staged area for a nativity play to a multi tiered stage for a musical performance It would be absolutely fantastic if we could have lots of local walkers and runners to support this excellent project which will be benefit all the children who attend the school
Entry forms and further details will shortly be available from the website www.fishbournefiatfive.co.uk or at Fishbourne Primary School the Fishbourne Centre Becket Lou and the Westgate Centre or please contact Su Leeming on 01243 774311

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk All listings are subject to change without notice and it cannot be assumed as such at any point in time. Chichester Herald cannot be held responsible for any changes occurring after publication

Food & Drink

FOLLOW US ON TWITTER
@chiherald

Supermarket 'Bogof' deals criticised over food waste

SUPERMARKETS have been urged to end "buy one get one free" (Bogof) deals to cut the "morally repugnant" amount of food being thrown away by shoppers.

A report by the House of Lords European Union Committee says 15m tonnes of food is wasted in the UK each year.

Retailers are also told to behave more responsibly with farmers and avoid cancelling orders at the last minute.

However the British Retail Consortium said the report "had not appreciated what is already happening."

In the report, the peers also criticised the EU's "fragmented and untargeted" attempts to tackle the problem.

More surplus food should be passed to charities and food banks, the committee said.

The report said retailers were able to "pass on" food waste "from the store to the household" by the use of special offers such as "buy one get one free".

"It is clear that retailers must assume a far greater responsibility for the prevention of food waste in the home", it said.

Committee chairwoman Baroness Scott of Needham Market said food waste was "clearly a huge issue" in the UK and Europe.

She said: "Not only is it morally repugnant, but it has serious economic and environmental implications.

"The fact that 90m tonnes of food is wasted across the EU each year shows the extent of the problem and explains why we are calling for urgent action."

Their demands include a five-year plan by the European Commission to reduce waste across the EU.

The amount of food discarded by consumers in industrialised nations is equivalent to nearly the entire level of net food production of sub-Saharan Africa, the committee said.

Its report said more education was needed for consumers after peers were told only 37% of people knew the difference between "best before" and "use by" dates on food packaging.

Food can still be sold after its best before date, while a use-by date is used on "highly perishable" products likely to become dangerous after a short period of time.

Lady Scott added: "There is also much that can be done domestically, and in particular by the big retailers, to reduce food waste.

"We are urging the supermarkets to look again at offers such as 'buy one get one free', which can encourage excess consumption which leads to food waste."

Oxfam's head of policy Mark Lawson suggested that the supermarkets' pricing policy was a big part of the problem.

"You've got this crazy system where some of the food is being given away and then often ends up getting wasted and the rest of the food is far too expensive," he told BBC 5 live.

The report also expressed "concern" about a cut to government funding supporting the work of the UK's Waste and Resources Action Programme (Wrap).

"There is a high risk of false economy if the cuts to Wrap's funding to support food waste prevention ultimately lead to resource inefficiency in terms of economic costs to businesses and households," it said.

Retail expert John Pal said the big four supermarkets were losing customers because of their complicated deals.

"What we are seeing is a bit of a change in consumers purchasing patterns. They are getting a little bit fed up with this and we are seeing a shift from the big four supermarkets with the consumers voting with their feet and going to the Aldis and the Ladls," he said.

In response to the report, the British Retail Consortium said: "The government's own research body has concluded there is no evidence that promotions increase food waste.

"It is also worth remembering all major retailers are working to challenging government targets to cut food waste.

"Cutting food waste is a key sustainability issue but we need to focus on evidence based policy rather than being distracted by perception."

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER
CHELSEA FLOWER SHOW
THURSDAY 22 MAY 2014
£85 per person
Rare and new plants, floral pavilions, flower arrangements and show gardens with over 600 exhibitors competing to show their horticultural talents
After local pickups we drive straight to Chelsea. Arrival time 11.15hrs (approx.) where there will be plenty of time to marvel at the beautiful gardens and flowers.
Departure time at 1800hrs, arriving home mid-evening
Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington
01243 868080
Park Road, Bognor Regis, West Sussex, PO21 2PX

Win a meal for 2 at Murrays
M
Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people every [illegible]
The Chichester Herald will be running a competition sponsored by Murrays [illegible] every week where readers will have the chance to win a meal for two people at Murrays.
To enter this week's competition please answer the following question:
Can you guess where this picture was taken within the Chichester area?
For your chance to win this weeks competition email your answer name address and contact number to news@theshiphotel.net
North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net
Entries close on Wednesday 16 April 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: Chichester Cinema.

Scrumptious, original and beautifully decorated cakes and cupcakes made to order, specialising in wedding cakes

Phone today to arrange a **FREE** *consultation!*

Wedding Kate

EXQUISITE BESPOKE WEDDING CAKES

01243 262933
07983 341399
@weddingcakekate
.com/WeddingKate
kate@weddingkate co uk

www.weddingkate.co.uk

Is Kiwi fruit the answer for perfect sleep?

Denise Kelly

Naturopath c
and herap st

The number one question in sleep research is 'Why do we sleep?' followed by the question, 'How much sleep do we need?' After literally hundreds of worldwide studies, we still don't know the best answer to either question. A few years ago, I got sent a large, 100,000-person study which suggested that both short and long sleep duration were associated with increased mortality, with people getting around seven hours of sleep living longest. We still don't know, however, whether 'sleep duration is a cause or simply a marker of ill health'. Maybe sleeping too little or too long does make us unhealthy – or maybe we see the associated shortened lifespan because being unhealthy causes us to sleep shorter or longer.

Similar work has now been published on cognitive function. After controlling for a long list of factors, men and women in their 50s and 60s getting seven or eight hours appeared to have the best short-term memory compared to those that got much more or much less. The same thing was demonstrated with immune function where 'both reduced and prolonged habitual sleep durations were associated with an increased risk of pneumonia'.

It's easy to not get too much sleep – just set an alarm. But what if we're having problems getting enough? What if we're one of the one in three adults that suffer symptoms of insomnia? There are sleeping pills like Valium that we can take in the short term, but they have a number of adverse side effects. Non-pharmacological approaches such as cognitive behavioral therapy can be difficult, time-consuming, and not always effective for sleep. Wouldn't it be great to have 'natural treatments that can improve both sleep onset and help patients improve the quality of sleep while improving next-day symptoms over the long term?"

Then I read a really interesting study on kiwifruit for insomnia? Participants were given two kiwifruit an hour before bed every night for four weeks. Why kiwifruits? Well, people with sleep disorders tend to have high levels of oxidative stress, so maybe antioxidant rich foods might help? But all fruits and vegetables have antioxidants. Kiwifruits contain twice the serotonin of tomatoes – but it shouldn't cross the blood-brain barrier. Kiwifruit has folate, and a deficiency might cause insomnia – but there's a lot more folate in some other plant foods.

The reason they studied kiwifruits is because they got grant money from a kiwifruit company. And I'm glad they did because they found some really remarkable results: significantly improved sleep onset, duration, and efficiency using both subjective and objective measurements. Participants went from sleeping an average of six hours a night to seven – by just eating a few kiwifruits.

Last minute London Marathon tip…

I've said it before and I'll say it again. Don't be lured into trying something new on the day of the race. Eat the same breakfast you eat every day, run in the same socks you've always used, use the same gels that you rigorously tested out in your training, wear the same trainers you used for your long runs. Stick to what you know – especially your nutrition.

Good Luck to everyone out there that is running on Sunday! Fingers crossed for the perfect weather and an enjoyable and amazing run!

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her www.denisekelly.co.uk info@denisekelly.co.uk @DKNutrition 07738671436

Ask the Expert - Prostate Cancer

Urology Consultant Mr James Hicks is asking men to be more proactive when it comes to their health

UROLOGY CONSULTANT Mr James Hicks is asking men to be more proactive in their health and wellbeing. Many men are reluctant to seek advice on a multitude of health issues compared to women. Campaigns such a Movember have attempted to get men talking about their health but many still don't know the symptoms of prostate enlargement or risk factors.

The common symptoms of prostatic enlargement are.

Reduced urine flow

Passing urine more frequently, especially at night

Needing to go urgently

Hesitancy at the start and a persistent dribble towards the end of urine flow.

However prostate cancer usually grows very slowly, so you may not notice symptoms as they progress slowly, if you have a strong family history of prostate cancer make sure your GP is aware so they can monitor you more closely.

Prostate cancer is important because of the total number of men nationally and worldwide that are affected. Prostate cancer affects 40,000 men in the UK every year. It is estimated that 250,000 men in the UK live with prostate cancer but sadly 10,000 of them will die of the disease each year. It is most common in older men with the majority of newly diagnosed men in their 70s to 80s. It is rare for men to have prostate cancer under the age of 50.

There is no prostate cancer screening programme in the UK but all men can request a PSA blood test from their GP. Men of good health should be encouraged to have their PSA checked in their 50s as they have the most to gain from early detection. Alternatively the West Sussex Urology group, in conjunction with Nuffield Health Chichester Hospital has put together an assessment package for £275, for more details call 01243 887 844.

Thousands of Southeast's 'overweight' at risk

THOUSANDS of people in the Southeast could be putting themselves at risk of potentially life threatening illness through failure to recognise they are obese, believing that they are simply overweight.

Nuffield Health, the not for profit healthcare provider, questioned 3,100 UK adults about their health and wellbeing – including perceptions of their own weight. The figures provide a snap shot for the region, where new mapping data, carried out by CACI for Nuffield Health, shows obesity levels of between 25 and 30 per cent of the population across the region, including Oxford, Portsmouth, Chichester, Brighton, Southampton, and higher in some Kent postal districts.*

Nearly half (49 per cent) of almost 500 people who responded from the Southeast said they considered themselves to be overweight, nine per cent perceived themselves to be obese. Following a Body Mass Index (BMI*) test, the results revealed that a much larger group – 19 per cent – were measured as obese- with a BMI of more than 30, with four per cent of these seriously (or morbidly) obese (BMI 40+). The figures show a clear misconception between what is considered overweight and what is obesity – a medical condition with potentially life-threatening health risks.

Despite high profile public health campaigns, the research also showed a significant lack of understanding among the population about the health risks associated with obesity. While more than eight out of ten people in the region are aware of the link between obesity and increased risk of heart disease (83 per cent) and Type 2 Diabetes (81 per cent), awareness of other diseases is poor.

- Almost eight out of ten people (79 per cent) are unaware that obesity is linked to an increased risk of some cancers, including breast cancer or bowel cancer.

- Over two thirds (71 per cent) are unaware of the increased risk of liver disease, despite a third of UK liver disease now caused by obesity**.

- 44 per cent of the population are unaware that obesity increases the risk of stroke.

Nearly two thirds (64 per cent) are unaware obesity is linked to an increased risk of osteoarthritis, 45 per cent are unaware that obesity increases the risk of degenerative joints.

In the region, the 59 per cent of people who were measured as overweight or obese (BMI 25+) were questioned further about the effects on their health. Almost two thirds (63 per cent) said they do not consider themselves to be at risk of illness as a result of their weight. Almost a quarter (24 per cent) said they believe they are suffering a weight related illness or injury, while a fifth (19 per cent) said they were suffering depression due to their weight. However, with awareness of obesity related disease at a low, experts believe the figure could be significantly higher.

Spire
Portsmouth Hospital

We go beyond treating patients

for us it's about looking after people

Receive expert private healthcare in beautiful surroundings from a highly trained team dedicated to your personal care

Spire Portsmouth Hospital making it easy to get the treatment you need

To find out more, please call **02392 456172**
or email **info@spireportsmouth.com**
www.spireportsmouth.com

Get better sooner

Just make a one off payment or use your insurance

Fashion & Lifestyle

FOLLOW US ON TWITTER
@chiherald

Star couple do battle in fashion

DAVID AND VICTORIA BECKHAM are going head-to-head as both plan to launch men's fashion ranges

While H&M model Becks, 38, is in talks to sign a deal for his own collection, his fashion designer wife has revealed that she also wants to launch clobber for guys under her own label. A source in retail revealed: "David is on the verge of signing a deal with top Hong Kong clothes distributor Li & Fung.

"He's hot property in the world of fashion and his success with H&M has been huge.

"Li & Fung have a large budget. They'd be happy to pay Becks £12 million to work with him."

Meanwhile, Posh, 39, revealed at New York fashion week earlier this year that she'd like to work on a range for men as part of her VB collection. She said: "I would love to do menswear at some point, absolutely. I get very inspired by menswear."

But David having his own clothing range means that the former Spice Girl won't be able to use her camera-ready hubby as a model for her designs.

The source added: "Once David signs on the line his deal will likely include a clause preventing Victoria using him to model her clothes."

"And it will mean that Posh and Becks will be going head-to-head in the world of fashion as early as next year."

Have a go at sailing as West Sussex prepares to 'push the boat out'

PEOPLE of all ages and abilities across West Sussex will be invited to 'have a go' at sailing and windsurfing when the county's sailing clubs and watersports centres open their doors for national RYA Push the Boat Out weekend next month.

Whether you're completely new to the sport or looking to get back on the water after a break away, clubs across West Sussex, including Felpham SC, Chichester YC, Bognor Regis YC and Arun YC, will be amongst hundreds of sailing clubs and centres nationwide welcoming all-comers as part RYA Push the Boat Out on 17-18 May.

Open days, have-a-go sessions and family fun events are all taking place as part of the Push the Boat Out, with many of the events absolutely FREE.

Andy Hooper, RYA Regional Development Officer for the South East, said: "We are delighted clubs in West Sussex are taking part in RYA Push the Boat Out. We want the local community to get down to a club, have a go at sailing and windsurfing, see what the club has to offer and get involved. Who knows you might just get hooked."

Duncan Truswell, RYA Sport Development Manager, said: "This is the perfect chance for people to discover their local sailing club, meet like-minded people, have a go at the sport, find out how much fun it is, and how easy it is to get involved."

RYA Push the Boat Out coincides with National Watersports Month. To find your nearest RYA Push the Boat Out event, and what activities they are running for Push the Boat Out visit www.rya.org.uk/go/ptbo

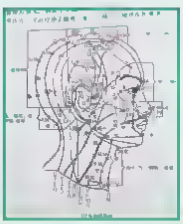
Harmony Acutherapy Clinic

Holistic Acupuncture, Acupressure & Traditional Chinese Medicine

Suffering from Migraines? Help is at hand

Chinese medicine & acupuncture – a natural way to approach migraine

In Traditional Chinese medicine's philosophy, no stagnation (blockage), no pain. Using Chinese medicine &acupuncture the stagnation can be removed, and the blood circulation in the head can be regulated. The body as a whole system can be balanced at the same time. So the treatment can release the symptom as well as to prevent it from happening. For people who are feared of needles, acupressure can be applied instead.



Dr FengWang is an associate of the ATCM [Association of Traditional Chinese Medicine and Acupuncture UK]. He has been practising his profession over 18 years and has his own clinic in Chichester town centre.

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

ACUPUNCTURE CAN BENEFIT:
ARTHRITIS | SPRAINS AND SPORTS INJURIES
HEADACHES AND MIGRAINE
SINUS PROBLEMS | DIGESTION | TIREDNESS
INSOMNIA | REPETITIVE STRAIN INJURY
DEPRESSION | STRESS
AND MUCH MORE...

Open Monday to Saturday from 9am to 6pm (except bank holidays)
After office hours appointments available on [illegible]

4 The Chambers, 28 Chapel Street, Chichester, PO19 1DL, Opposite Travelodge.

For more information visit www.atcm.co.uk.
Call: 01243 537806 for a free consultation, Free car parking.

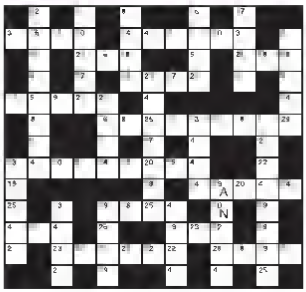
01243 537806

Licensed Pharmacist and an Associate of the Association of Traditional Chinese Medicine UK
www.atcm.co.uk

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19 A
7	20
8	21
9	22
10 N	23
11	24
12	25
13	26

Last week's solutions

1 A	2 N	3 P	4 V	5 G	6 I	7 Z	8 T	9 Y	10 S	11 L	12 F	13 J
14 O	15 K	16 R	17 M	18 W	19 Q	20 D	21 E	22 X	23 C	24 U	25 B	26 H

Words mare

I	O	E
L	Y	S
N	T	M

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others...and letters may be used only once. You cannot use plurals, foreign words or proper nouns but verb forms ending in s are permitted. There is one 9 letter word to be found.

How you rate

15 words - average,
20 words - good,
25 words - very good,
30 or more - excellent.

Last week's solutions.

ewer hews hewse, hewser hewer hews, owes, mews sewer shew shower shrew, mower sewer swore wore warehouse were wash, weather wear wears, were when where, wheres, whirs, whorse wure, wrose

Double Crossword

Choose either quick or cryptic clues.

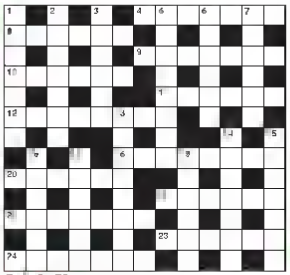
Cryptic Clues:

Across

4 Waiting for Mass (7)
8. Sort of type inclined to impress (6)
9 Not straight (7)
10 This by itself is a very prefixed princess (6)
11 Catch a potential parent (6)
12. A water-colour? (3-5)
18 Drawing tea mulch (6)
20 Keep your thanks in check (6)
21 A nook may use a tin one (6)
22 Strangely man fail to get excited (7)
23 Ensures one has a nap standing up (6)
24 Upset a caterer in a domestic row (7)

Down

1 Still without music (7)
2. Father on trial perhaps, and that's not all (7)
3. Farmer at the helm (6)
5. A rise for a sandfloat (6)
6 Boards in a letter to relations (6)
7 Possibly cares about a Roman emperor (6)
13. In distribution of income the company is thrifty (6)
14. Shaving out with relish (7)
15 Speech might indicate where one's home is (7)
16 Spirited comeback can cause a scene (6)
17 He may live for weeks on water (6)
19. Produced the rent (6)



Quick Clues:

Across

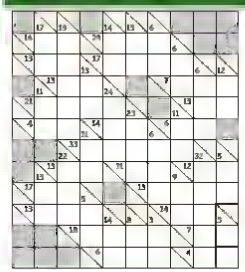
4. Debate (7)
8. Publicly (6)
9. Idiotic (7)
10 Ingenious (6)
11 Supplication (6)
12. Judgement (6)
18. Cloudy (6)
20 Disclose (6)
21 Well (6)
22. Attribute (7)
23. Expand (6)
24. Love all (7)

Down

1. Admit (7)
2. Protection (7)
3. Changes (6)
5. Example (6)
6. Awning (6)
7 Ice-cream and fruit (6)
13. Solitary (6)
14. First-class (7)
15. Real (7)
16. Decline (6)
17 Vendor (6)
19. Mend (6)

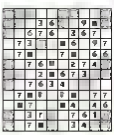
Last week's solutions.
CRYPTIC Across 1 Street lamps 8 Nun 10 Electrode 11 Exact 13 Tartans 14 Average 16 Esp ess 18 Asiatic 19 Maniac 20 Chastened 21 Sac 22 Astronomers Down 2 Ten, 3 Erect 4 Twenty 5 Attress 8 Prelusion 7 Inheritance 8 Persistence 12 Armor clans 15 Gather 17 Season 18 Medium 21 Sir QUICK Across 1 Predicament 8 One, 10 Definable 11 Drake 13 Letters, 14 Entice 16 Speech 19 Remorse 18 Easel 20 Excavate 21 Hue 22 Ingratiate Down 2 Rue; 3 Dodge 4 Muffle 5 Non stop 8 Nefarious 7 Cold hearted 8 Lease-holder 12 Automation 15 Gamer 17 Depart; 18 Exert; 21 Hid

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

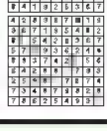


Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions



From top to bottom: Simple, Intermediate, Difficult

Simple

4			9		5	7	6	
	7	6	2		1		8	4
1		7		9			4	
8			7		3		1	2
	2			5				9
					9		2	
2	9		6	4	8	3	5	
	8	4			7			6

Intermediate

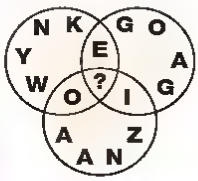
	5	7				1		
				7	8		5	
2		9	4					6
		5		9		8		
4			2		5		9	1
		6		1		3		
7					6	5		3
	6		7				1	
8		4					6	7

Difficult

1						2		
					1		6	
			7	6	4	5	9	
				2		4		6
		2				7		
5		6		3				
	2	8	3	7	5			
	1		8					
		5						8

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question mark is G. Shooting, Sailing, Cycling, all Olympic events.

A hamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off.

	N				
					E
			E		
E					
		S			

A

F	R	E	I	L
T	R	I	N	S
V	E	S	N	A
S	E	E	V	E
T	E	F	I	N

B

Last week's solutions
Salsa Abuts Lutes Stare Asset.

Property

FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

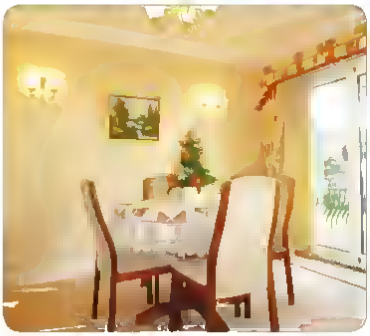
FEATURE PROPERTY:

CRAIGWEIL

£425,000

A very well presented luxury apartment situated on the first floor in landscaped gardens with direct access to the beach. A good sized lounge with sep dining area both offering views over the garden to the sea, sun balcony, master bedroom with sea views & en suite shower room, two further double bedrooms, bathroom, fitted kitchen, garage and delightful communal gardens. EPC Rating C

For more information contact Coastguards Estate Agents on 01243 267026 www.coastguardsproperty.co.uk



coastguardsproperty

6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguardsproperty.co.uk

CRAIGWEIL PRIVATE ESTATE £895,000

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kit/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

FORD £795,000

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views. The property has potential for further development if required. Cloakroom, entrance hall/study, dual aspect living room, dining room, good size kitchen, separate utility room, master bedroom with en suite shower room, two further bedrooms, second shower room, detached triple garage with studio/office over, heated swimming pool and hot tub, 2 timber garden store. EPC Rating E

ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with an suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK £395,000

A well presented detached family house situated in a peaceful cul-de-sac approx. 400 yards from the beach. Cloakrm, light & spacious open plan lounge/dining rm, kitchen, separate breakfast area (currently a study), four bedrms, spacious bathrm, a double garage and easily maintained attractive Southerly rear garden. EPC Rating D

ROSE GREEN £315,000

An attached house situated in a residential development with in 400 yards of Rose Green schools, shops and doctors are located a little further to the East. G.F.H., u.P.V.C. d/glazing, cloakroom, lounge, kitchen/dining room, delightful conservatory, master bedroom with en suite shower room, three further bedrooms, bathroom, detached single garage and an easily maintained South West facing garden. EPC RATING C

ALDWICK BAY ESTATE £269,950

A ground floor flat situated in a small development in private marina estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living room with doors opening to the West facing area of garden, fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING C

ALDWICK £149,950

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas ch, double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Nissan scores global UEFA Champions League partnership deal

NISSAN Motor Co Ltd has confirmed a four year global partnership with the UEFA Champions League including the UEFA Super Cup. This agreement represents the Japanese manufacturer's largest ever sponsorship deal and will establish Nissan as an official partner worldwide from 2014/15 to and including the 2017/18 seasons.

"Innovating to excite is what Nissan does, and as partners with UEFA we are looking to introduce new ways in which to enrich the UEFA Champions League experience," said Roel de Vries, Corporate Vice President and Global Head of Marketing and Communications for Nissan. "Europe's most prestigious football competition will be an important global platform for Nissan, and our aim is to show fans all over the world the excitement of both football and our cars. Both are created by amazing people who have a passion for what they do."

As an official partner, Nissan will have extensive rights to the matches, pre-match training sessions, content, media, hospitality, events and the Final.

Commenting on the agreement, Guy-Laurent Epstein, Marketing Director of UEFA Events SA, said: "We are delighted to have Nissan as an official partner of the UEFA Champions League as of next season. Nissan is a truly leading global company and is one of the largest automotive groups in the world. We feel that the partnership will provide a great deal of innovation and excitement across all markets worldwide, and we are convinced that Nissan can use the platform that the UEFA Champions League offers to further build on their current success."

According to de Vries, the UEFA Champions League has a cumulative television audience of over 4 billion a season and the deal will bring Nissan to new audiences and keep the brand at the fore over the course of the European football calendar.

"European growth is important to Nissan, and in UEFA we feel we have found the perfect partner to help us achieve our business goal of becoming the #1 Asian car manufacturer in Europe by 2016. We're excited and very much looking forward to the new season kicking off at the UEFA Super Cup in Cardiff on the 12th August," said Bastien Schupp, vice president, Marketing, Nissan Europe.

The UEFA Champions League is another example of Nissan's dedication to exciting sports which already includes the brand's proud sponsorship of the Rio 2016 Olympic Games, Olympic Teams GB and Mexico, Africa Cup of Nations, NCAA Football, Heisman Trophy, Canadian Football League and GT-R ambassador Usain Bolt – a renowned football fan.

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS

QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...

GROUP A CARS AT JUST £99.00 + VAT PER WEEK (£14.14 + VAT PER DAY)

VIEW AND RESERVE ONLINE. IT'S DEAD EASY !

AND.....THE FIAT 500 IS NOW BACK JUST £99.00 + VAT PER WEEK TOO

OR WHAT ABOUT OUR AUDI Q5 - HIGH SPEC 4 X 4 RENTAL.

(Insurance and driver restrictions apply on Audi rentals)

BUY WITH CONFIDENCE

West Sussex Trading Standards
Buy With Confidence
Approved Trader

www.panthertruckrental.co.uk e-mail enquiries@panthertruckrental.co.uk

FAMILY RUN BUSINESS - ESTABLISHED 1987

CHICHESTER 01243 778109

FOLLOW US ON TWITTER
@chiherald

Sport

Football

City battle out away draw

Sunday 6 April 2014
South West Combinations League
Plymouth 0 – 0 Chichester City

AFTER WATCHING their international counterparts thrash Montenegro 9-0 at Brighton's Amex stadium on Saturday Chichester ladies made the long journey to Plymouth to play a side who were now looking favourites for the title. The team stayed overnight in Plymouth to ensure the best possible preparation for the tie.

The weather in Plymouth had been poor all weekend and when the team arrived at the ground on Sunday the coaching team knew that this would have an effect on the game. Puddles were beginning to form on the pitch and the groundsmen were working tirelessly to ensure the surface was in the best possible condition for the match. The game kicked off and in the very early stages Chichester looked to put themselves into the lead. Ambler was causing problems with her typical tenacious play and wasn't allowing the home defence any time on the ball. The best chance fell to Ambler when a looping volley sailed narrowly wide of the post.

As the half wore on the home side began to see more of the play, keeping possession well and looking to unlock the Chichester back line. With Plymouth enjoying a lot of possession the away side needed to be well organised in order not to fall behind, the combination of hard work on a deteriorating surface and good organisation restricted the home side to having to shoot from range. Although enjoying the lions share of the ball and having multiple shots on goal most of these were off target and Chichester never looked like conceding. The teams went in at the break level.

A tactical switch at half time saw Jodie Greenway come into the Chichester midfield and this had an impact allowing other players the freedom to join in and support attacks. Chichester started the half as they did the first, enjoying good possession in the Plymouth half. They were now beginning to create more chances too with Ambler forcing the keeper into two good saves. With the weather worsening and the pitch getting wetter the game was turning into a bit of a battle in the midfield. McGlashan and Alexandre looked to win this battle with some big challenges to thwart any attempts Plymouth made to try and get beyond them.

Chichester continued to look for the opener, aware of the home side threat on the break. Their best opportunities came from a succession of corners. With some great deliveries from Wride and Laws chances fell to Ambler, Greenway, Alexandre and Cheshire but none these were able to be converted. The game finished goalless, a fair result after an even contest. Chichester now travel to the Isle of Wight to play Shanklin ladies on Sunday 13 April.

Football

Youngsters keep up their 100% record as they clinch title

Sunday 6 April 2014
Sussex County Youth West Division
Under 18s Chichester City 2 – 1 Pagham

By Keith Tallent

IT FELT a little like the morning after the night before following Chi youngsters winning the league on Thursday night and then having to play again just a few days later. It showed as Chi were uncharacteristically slow and casual on the pitch. They were punished when Pagham scored a disputed goal early on following a coming together with Sammy McAlpine resulted in the Chi keeper dropping the ball and it was put in the back of the net from the resulting melee. Chi's problems increased when they lost their captain Matt Boulton through injury shortly afterwards.

However Chi reshuffled their makeshift back four and started to get themselves back in the game, their efforts were rewarded when Romeo Mulenga scored late in the half to level the game.

The second half saw a more familiar Chi who started to move the ball around and test the Pagham defence a little more and give them more to think about. Chi took the lead when the ball was pulled back to Jono Tallent just outside the box, who hit the ball on the half volley high into the Pagham net past the outstretched keeper. Both teams then battled it out in midfield and very late in time added on Pagham went close to equalising when they hit the post and the ball rebounded out to be cleared.

Chi's focus now goes to the game against Hassocks in the Sussex County Youth League Cup Final at East Preston.

Chi Team: McAlpine, Chittock, Lynch, Lillywhite, Boulton(Shrives), Osman(Ansa), Yates, Tallent, Kondabeka, Wild, Mulenga.

Thursday 3 April 2014
Chichester City 4 – 2 Sidlesham
Sussex County Youth West Division

A 4-2 VICTORY over fellow title contenders Sidlesham sealed the Sussex County Youth League West Division title for the fourth season in a row. This victory also sees Chi maintain their 100% win record in the league this season with just two games remaining. Both stats are an outstanding achievement for both the players and club and show how their long term Youth policy is now paying dividends with many of the young players already featuring regularly in both the Development and First Team squads.

Three goals from in-form striker Joe Gromett and one from Ryan Chittock saw Chichester come out of this top of the table clash as the victors and continue their dominance at the top of the West Division table where they have been from the very first games played. A big crowd at Oaklands which included many of the other Chi teams players and coaching staff, which shows just how far the club has come in the last few of years and what a fantastic club spirit there now is across all the teams in all the sections of the club.

Chi Team: McAlpine, Gilbert, Boulton, Lillywhite, Knowles, Ansa, Yates, Tallent, Chittock(Osman), Vandrial(Wild), Gromett(Mulenga). Sub unused: Lynch.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	32	83
2	EAST GRINSTEAD TOWN	34	78
3	CROWBOROUGH ATHLETIC	34	67
4	LITTLEHAMPTON TOWN	32	64
5	HORSHAM YMCA	31	57
6	HASSOCKS	31	56
7	DORKING WANDERERS	32	48
8	CHICHESTER CITY	35	48
9	ST FRANCIS RANGER	33	45
10	RINGMER	32	45
11	PAGHAM	33	45
12	NEWHAVEN	31	28
13	LINGFIELD	33	28
14	SHOREHAM	32	28
15	SELSEY	33	28
16	ARUNDEL	31	25
17	LANCING	34	*32
18	HAILSHAM TOWN	32	28
19	RYE UNITED	38	26
20	WORTHING UNITED	33	8

* 6 pts deducted due to ineligible player

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	27	65
2	LOXWOOD	28	64
3	BROADBRIDGE HEATH	29	62
4	HAYWARDS HEATH TOWN	28	54
5	LITTLE COMMON	28	49
6	WICK & RARNHAM UNITED	28	45
7	MILE OAK	28	*43
8	BEXHILL UNITED	28	42
9	STEYNING TOWN	27	27
10	WESTFIELD	28	*32
11	AFC UCKFIELD	28	32
12	OAKWOOD	27	21
13	SALTDEAN UNITED	29	28
14	STOBLINGTON	28	22
15	MIDHURST & EASEBOURNE	28	22
16	RUSTINGTON	28	18
17	SEAFORD TOWN	28	17

* 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	13	32
2	FERRING	15	28
3	IFIELD	18	28
4	SIDLESHAM	17	27
5	ROFFEY	15	24
6	UCKFIELD TOWN	15	24
7	CLYMPING	18	22
8	SOUTHWICK	18	17
9	HURSTPIERPOINT	13	16
10	BILLINGSHURST	17	14
11	ROTTINGDEAN VILLAGE	17	14

Furniture & Mirror
SHOWROOMS

ORIFTWOOO RANGES
100% RECLAIMEO TIMBERS THROUGHOUT!
£240

Furniture you desire – furniture you deserve!

THE LARGEST COLLECTION OF EXCEPTIONAL QUALITY OAK FURNITURE IN THE REGION!!

OREGON RANGES
100% HIGH GRAOE
SOLIO OAK THROUGHOUT!
CHOICE OF HANOLE
NO VENEERS
FULLY OOVETAILEO ORAWERS

THE CHUNKY OAK RANGE
GRAOE A - PRIME SOLIO
AMERICAN WHITE OAK
CHOICE OF HANOLE
FULLY OOVETAILEO ORAWERS
SOFT CLOSE HINGE OOORS

FREE DELIVERY + ASSEMBLY [WHERE REQUIRED] **WITHIN 7DAYS!** [60 MILE RADIUS]
****BE AMAZED - VISIT US SOON!****
VIEW ON LINE @ www.furnitureondmirror.com

MAIN SHOWROOMS @ UNITS 5 -6 TERMINUS MILL, TERMINUS RD IND ESTATE
[NEAR CINEWORLD] CHICHESTER PO19 8UN TEL 01243 783960

The Furniture Ombudsman
Full Member

OPEN 7 DAYS - ON SITE FREE PARKING